

Achievement: Start Your Day on “FULL”

You’ve heard by now that breakfast is the most important meal of the day, right? But yet, so many children and adults start their day on an empty stomach. It can be tough to wake sleepy kids and get them fueled-up in time for school, but it’s important to keep trying. Breakfast gets kids ready to learn, it helps control appetite and nibbling throughout the day, and it prevents nagging tummy aches or hunger pangs.

For breakfast sometimes you need to “think outside the box”. You can try some nontraditional breakfast ideas, but always try to include whole grains, fiber and protein. Try a slice of whole grain toast with melted cheese and apple slices, half of a sandwich and a cup of low-fat milk, rice and beans with fruit, yogurt topped with a favorite cereal, or a whole wheat pita stuffed with scrambled eggs. Ask your kids about their favorite ideas and make a plan to eat breakfast everyday!!

BREAKFAST

MARCH 2010

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 1 French Toast Sticks Whole Grain Cereal Bagel with Low Fat Cream Cheese | 2 Breakfast Sausage Pizza * Whole Grain Cereal Low Fat Blueberry Muffin | 3 Waffles w/Turkey Sausage Whole Grain Cereal Low Fat Yogurt & Graham Cracker | 4 Pancake w/Sausage on a Stick Whole Grain Cereal Strawberry Whole Grain Pop -Tart | 5 Whole Wheat Breakfast Bun Whole Grain Cereal Low Fat Banana Muffin |
| 8 Whole Wheat Breakfast Bun Whole Grain Cereal Low Fat Apple Muffin | 9 Belgian Waffle Sticks Whole Grain Cereal Low Fat Bagel and Cream Cheese | 10 Fench Toast Swirls w/Turkey Sausage Whole Grain Cereal Low Fat Banana Muffin | 11 Whole Wheat Breakfast Bun Whole Grain Cereal Low Fat Blueberry Muffin | 12 Egg Cheese Turkey Sausage Pocket Whole Grain Cereal Cinnamon Whole Grain Pop -Tart |
| 15 In-Service Day No School! | 16 Whole Wheat Breakfast Bun Whole Grain Cereal Strawberry Whole Grain Pop -Tart | 17 Pancakes w/Turkey Sausage Whole Grain Cereal Low Fat Apple Muffin | 18 Breakfast Sausage Pizza* Whole Grain Cereal Low Fat Yogurt & Graham Cracker | 19 Breakfast Egg & Cheese Burrito Whole Grain Cereal Low Fat Banana Muffin |
| 22 Breakfast Sausage Pizza* Whole Grain Cereal Bagel with Low Fat Cream Cheese | 23 French Toast Sticks Whole Grain Cereal Low Fat Blueberry Muffin | 24 Waffles w/Turkey Sausage Whole Grain Cereal Low Fat Yogurt & Graham Cracker | 25 Breakfast Beef Sausage Sandwich Whole Grain Cereal Cinnamon Whole Grain Pop -Tart | 26 Whole W heat Breakfast Bun Whole Grain Cereal Low Fat Banana Muffin |
| 29 Belgian Waffle Sticks Whole Grain Cereal Low Fat Apple Muffin | 30 Breakfast Sausage Pizza* Whole Grain Cereal Low Fat Yogurt & Graham Cracker | 31 French Toast Swirls w/Turkey Sausage Whole Grain Cereal Low Fat Bagel and Cream Cheese | *Contains Pork | |
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PIZZA PARTIES

MARCH 5

Empire Gardens

Gardner

Almaden

MARCH 12

Allen

Willow Glen

Olinder

MARCH 19

Grant

Williams

Shallenberger

MARCH 26

Reed

Canoas

Trace

Interested in part-time work with Student Nutrition—Food Services at San Jose Unified District? If you enjoy kids and want to be involved with our schools call 408-535-6021.

Apply for Free or Reduced Meals for your students. If your income has changed or the number in you household has increased please apply for meal benefits at your child’s school or San Jose Unified District at 408-535-6021.